

The Healthy Cornwall Stop Smoking Text Service

More than just a text.....

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- It's **FREE**
- To view the additional content, Wi-Fi or data is required.

Easy Sign Up

- **text 'SMOKEFREE' to 82228**
- within minutes they will receive a text response with links to more information.

30 Days of Text Support

- The first 3 days being **preparation** before the users quit date.

Access to an Online Support Community

- Invitation to join our stop smoking Facebook group.
- Provides additional support during the 30 day period.
- Provides support 30 days + from both Healthy Cornwall and those who are also quitting or that have quit.

Links to Additional Content

- Useful resources
- Tools
- Videos of our very own staff members providing advice and motivation.